

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

november 2024

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...and much more!

The Cave

It begins. I love Fall so much, and Halloween. My colleague loves summer and brightness, give be brisk and gloom. Ha. I prefer to call it: cozy. Light the lights, don the layers, crunch the leaves, sip the cider. Let's start pulling in, reflecting and healing.

If I could hibernate in a cave all winter, I absolutely would, but I can't. I have too much responsibility. So therefore, I light the candles, wrap the blankies, listen to fire sounds, and try my best. This winter I'd like to get back into reading. It's been a struggle of wills and focus for the past 5 years. If anyone has recommendations on uplifting, adventurous or mysterious book reads – send them my way!

It's time to burrow!

Emily a Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



2024-2025 Event Dates

- 1-04-2025: Archery & Pellet Gun Program Begins
- 2-22-2025: Clover College
- 4-05-2025: Archery Invitational
- 7-30 8-1-2025: Summer Camp 2025

Graduating 4-H Seniors

Scholarship deadlines are fast approaching – in fact, one is due December 1st! The WI 4-H Foundation also opens applications starting in December through March.

There are so many people in your 4-H community who could be amazing references: your club leader, project leader, 4-H staff, another club volunteer or parent, community mentor or group that you helped, etc.

For a handy resource of scholarships related to 4-H, visit: https://tinyurl.com/4HSeniors.

volunteer section >>>

Leaders Board Meeting

Date: Thursday, November 14th, 2024

Time: 6:45 p.m. (Open Forum) 7:00pm (meeting)

Location: Hamilton Town Hall in West Salem (N5105 Leonard N, West Salem WI, 54669)

Elections of positions – please attend if you are interested in one of the following board positions:

- Vice President/President/Past President
- Secretary
- Bangor Representative
- Holmen/Mindoro Representative
- La Crosse/Onalaska Representative
- At-Large Representative

Elected positions: Duties include basically attending a once-per-month meeting for an hour to 90 minutes. Other options for involvement are based on your capability and interest!

Adult Volunteers

There are so many types of volunteers needed to have a successful 4-H program. We need activity leaders, club leaders, chaperones, financial managers, leaders board committee members, etc. If you would like to become a certified 4-H volunteer, we'd love to have you! Just follow the steps below:

CURRENT VOLUNTEERS:

- Re-enroll in 4HOnline. Instructions for returning volunteers are online at https://lacrosse.
 extension.wisc.edu/4- h-youth-development/ volunteers/.
- Background checks will be requested of you every 2 years. If it's your year – please follow up with the HireRight email that comes to you.
- Supporting You, Supporting Youth is a 10 minute training refreshing everyone on Title IX reporting requirements and procedures.

NEW VOLUNTEERS:

- •Create your enrollment profile in 4HOnline. Instructions can be found online at https://lacrosse.extension.wisc.edu/4-h-youth-development/volunteers/.
- •Submit to a state conducted background check. An email will come to your inbox about a week after you submit your 4HOnline profile.
- Complete these required trainings:
 - Building Safe Spaces
 - Supporting You, Supporting Youth
 - Grow Green



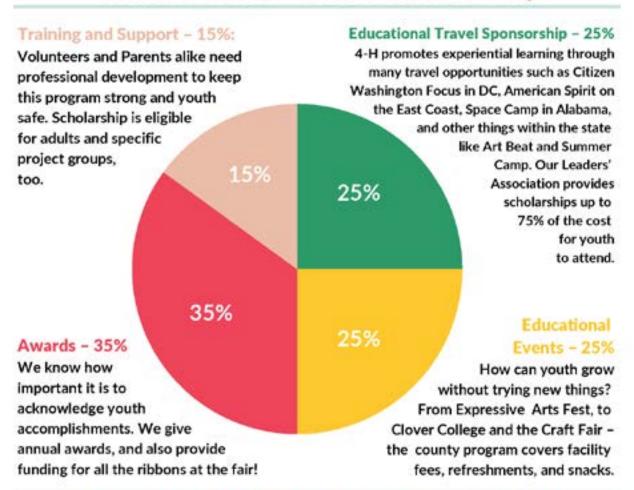
WANTED: Food Stand Committee Members!

We are hoping to completely re-structure our food stand management for the 2025 Summer. This means a new committee, with a lot more support. If you have interest or experience in food management or service, volunteer management, fiscal or supply management, or just would like to lend some talents and time in this quest, please reach out to Emily Crook at 608-785-9761 or Emily. crook@wisc.edu.

WHY IS THE FOOD STAND IMPORTANT TO 4-H?

The 4-H Food Stand is the biggest annual fundraiser for the La Crosse County 4-H program. The program operates an annual budget around \$40,000. That budget helps to cover the cost of many, many 4-H events and activities.

WHERE DOES THE MONEY GO?



NO HELPERS = NO FOOD STAND: NO FOOD STAND = NO FUNDS NO FUNDS = NO FUN 4-H ACTIVITIES AND REWARDS.

youth leadership

Ambassador Meeting

Date: Sunday, November 24, 2024

Time: 6:00 pm

Location: La Crosse County Admin Center

(212 6th St N, La Crosse)

extras

Record Book Deadline

Remember to pick up your Record Books at the Extension Office!

Pick up your Pump House Items!

All items exhibited at our annual show are ready for pick up starting Tuesday, October 15, 2024. Our office hours are 8am-4:30pm. If you cannot make it during office hours, please email lacrossecounty.org.

Thrive Survey

4-H members enrolled for more than one year and ages 13 and older are invited annually to provide feedback on their 4-H experience through the Thrive Survey. Invitations have gone out via 4-HOnline to those who qualify. Every youth who completes the survey has a chance to win an Amazon gift card. They will pull from all those in your county, so La Crosse – you have a 1 in 30 chance of getting it! To sweeten the deal, because I like to compete completions with Grant County AND because I know how long and tedious this survey is, I will throw in a raffle for a sweet 4-H sweatshirt of your choice. Who doesn't like 4-H swag and money? Need your link again? Reach out to Emily: Emily.crook@wisc.edu and she'll get it to you.

animal sciences

Rabbit Project Meeting

Date: Monday, November 18th, 2024

Time: 6:30pm **Location**: TBD

Horse Project Meeting

Date: Saturday, November 9th, 2024

Time: 1:00pm **Location**: Fairgrounds

Cat Project Announcement

BOND BOND BOND

Attention Cat Project members:
Please send any updates or changes
you want for the fair by November 18th.
Either by email (kkymmm@gmail.com) or
Facebook Cat/Small Pets 4-H La Crosse
County. Discussion: Would you like to add
showmanship to the class? Please let me
know either way. If no one responds back I
will flip a coin to see if it would be added or
not.

upcoming events to watch 4-HOnline for:

Fall Forum (Nov 2-3, 2024) | Grades 7+ and Adults | Stevens Point

Advanced Space Academy (Feb 15-22) | Grades 10-12 | Huntsville, AL

Art BEAT! (Mar 14-16) | Grades 3-5 | Upham Woods, Wisc. Dells

National 4-H Conference (Apr 11-16) | Grades 10-12 | Washington, DC

shooting sports

Archery and Pellet Gun Program

When: Saturdays

January 4th & 18th, 2025 February 1st & 15th, 2025 March 1st & 15th, 2025

Time: 8:00 a.m., 9:00 a.m., or 10:00 a.m

Where: Archery Country (1231 Oak Forest Dr., Onalaska, WI 54650)

Who: Youth in grades 3+

Cost: Archery (must be in grades 3+): \$10 for 4-H member, \$15 for community member

Pellet Gun (must be in grades 4+): \$10 for 4-H member, \$15 for community member

(price differential is due to insurance fees)

We are ready for the annual Archery and Pellet Gun program! The sessions start with youth learning safety and basics of shooting followed by practice sessions and concluding with an inter-program tournament on the last day. If you are wanting to participate in the 2024 La Crosse County Interstate Fair youth archery tournament, this is one of the ways to get in your safety session requirements. All necessary equipment is provided!

This popular program fills up fast and spots are awarded on a first-come, first-served basis. No spots will be held without payment received in full. 4-H members must be enrolled in 4HOnline for the 2024-2025 year at the time of registration for this program in order to be eligible for the 4-H member prices. Because extra insurances are provided, proof of hunter's safety certification is not required for pellet gun participation.

IMPORTANT RULES AND UPDATES FOR THIS YEAR: No sandals or open toed shoes will be allowed, long hair needs to be tied back, and no loose clothing should be worn to the program. Attendance on the first day of pellet gun will be required as the safety session will only be offered on the first day, or your spot and application fee will be forfeited.

Registration is available on our website here:

https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/shooting-sports/

Registrations are due by 4:30 p.m. Thursday, December 19th, 2024. Please direct any questions to the Extension Office at 608-785-9593 or <u>lacrossecounty4h@lacrossecounty.org</u>.

Swag!

La Crosse County 4-H Shooting Sports program is offering merchandise once again! This link is where you go: <u>4hshootingsports.com</u> Share it with family and friends – it makes great holiday, graduation and birthday gifts!

Statewide Shooting Sports Opportunities:

You can find dates and informations for Statewide shooting sports opportunities here: https://4h.extension.wisc.edu/opportunities/projects/shooting-sports/competitive-shoots/



Clover College Call for Instructors!

Clover College is our 4-H Day of Discovery. Every county has one - ours is Feb 22, 2025 at Bangor Elementary School and we like to offer as many classes as we can! Do you have skills you can share with our 4-H youth? Or is there a specific educational need you think our 4-H members need? Now is the time to let us know you want to teach at Clover College.

There are 3 sessions offered throughout the day: the first two are 90 minutes in length, the last session is one hour. You choose how many sessions you want to do, you choose your class size, your class age range, and you can choose the class fee as well.

Instructors do not have to be 4-H members, volunteers, or even adults. ANYONE who has a skill, passion or something to share can teach at Clover College. We will keep sessions to things that follow 4-H policy though (speak with Emily if we need to do a risk, inclusivity, or accommodations assessment).

Sessions we've had in the past: Ceramics, Sign Language, Electronics, Lego Robotics, Sewing, Cookie Decorating, Models, Woodworking, First Aid, Astronomy, Rabbits, Cats/Small Pets, Shooting Sports, Aerospace, Origami, Vet, Science, Irish Dancing, Painting, Record Books Planning, Scrapbooking, Photography.

INTERESTED? FILL OUT THIS FORM BEFORE DECEMBER 15TH - https://tinyurl.com/ LaX4HCloverInstructor

If you don't have a skill but know someone who would be amazing at sharing theirs? Reach out to Emily, or feel free to send them this form, too. If you have an idea for a class but don't have someone in mind to instruct, tell us anyway! emily.crook@wisc.edu.

cedar crest ice cream flavor naming contest

It's back! The contest runs September 1 through November 15, 2024 and is open to all Wisconsin 4-H clubs. Visit www.cedarcresticecream.com (the link will not be "live" until contest opens) for details and entry forms, and find links on their website (www.Wis4HFoundation.org).



American Spirit

Registration Opens - NOV 10, 2024 in 4-HOnline!

When: June 20-29, 2025 **Who**: Youth in grades 9-10

Cost: Approx \$2,900

La Crosse 4-H Leaders Association offers a hefty scholarship for this – ask Emily for more information. Experience history & heritage by immersing in a 10-day bus journey to the East Coast and Canada — Youth-led content throughout the experience — Increase knowledge of American history while experiencing where it occurred — Dynamic exposure to diverse cultural experiences and perspectives of the foundation of our nation. For more information visit: https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/american-spirit-east/

2025 Summer Camp!

Dates: Wed. July 30 – Fri. Aug 1, 2025 **Location**: Upham Woods, Wisconsin Dells

It's time to assemble our Chaperones and Counselors again! If you know you want to help make the 2025 Summer Camp experience memorable and amazing, please reach out to Emily at Emily.crook@wisc.edu.

Counselors are youth currently enrolled in 9th and above grades. Chaperones are adults older than 21. Adults between 18–21 can participate as counselors! Bonus incentive: Adults who chaperone with youth who attend, receive one entire camp fee covered for a youth.

Last year, La Crosse had 25 youth participate, we had 3 adult chaperones, and 3 counselors, too! We camp with Area 13 counties – Monroe, Vernon, Crawford & Richland. In total we had a full camp at 138 people. Last camp's theme was the Olympics, and groups had various competitions including an on-land synchronized swimming competition. It was so much fun and went so well because we had so much adult help. I'm hoping we're this lucky next summer.

2024 Rotary Lights

We will have a tree in La Crosse's premiere light show experience this holiday season! In order to do this, we had to commit to various service opportunities. Here they are so you can note if you're available:

- **Set up:** Date is unknown yet, however, will take place between Nov. 18 and Nov 24. We will coordinate with everyone who signs up for this on a good date/time.
- Parade: Friday, November 29, 2024 at 5pm. I need walkers, AND a float driver.
- Tree Take Down: Wed. Jan. 1st.
- Park Take Down: Friday, Jan. 3, 2025: any shift between 9am-4pm. Need 5 people per shift, ages 16+ (ages 13-16 can get approval, I can see what we can do!)

Are you able and willing to assist? Please sign up at: https://tinyurl.com/LaX4HRotaryLights by Nov. 8th and we'll get ourselves organized!

november 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2 Fall Forum
3 Fall Forum	4	5	6	7	8	9
10	11	12	13	14 Leaders Board Meeting	15	16
17	18 Horse Project Meeting	19	20	21	22	23
24 Ambassadors Meeting	25	26	27	28	29	30

COOPERATIVE EXTENSION SERVICE

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The Cloverline can be found in color and with hyperlinks online at https://lacrosse.extension.wisc.edu/4-h-youth-development/cloverline-newsletter/

We thank all who volunteer their time and talents to contribute to this newsletter.